

Bede's Journal

The Monthly Newsmagazine of St. Bede's Episcopal Church



We help all ages grow in faith and service.

February 2016

February at a Glance

Saturday 6 February

8:45am Vestry Retreat

5:30pm FALL GALA sign-up event: Ale Tasting (Brink home)

Sunday 7 February

9:00am Soulwork: Pro/Claim—Engaging the Baptismal Covenant

Shrove Tuesday, 9 February

Registration deadline for guaranteed accommodation at the Parish Retreat (Friday-Sunday, 10-12 June at The Bishop's Ranch, Healdsburg)

6:00pm Vestry-Hosted Pancake Supper

Ash Wednesday, 10 February

8:00am Imposition of Ashes

noon & 7:30pm Eucharist with Imposition of Ashes



9:00am, *Sundays in Lent excepting 2/28 (i.e., 2/14,21 & 3/6,13,20)*

Soulwork: A Contextual Bible Study

11:15am, *four Fridays beginning 19 February (i.e., through 3/11)*

Lenten Book Group: *Tattoos on the Heart* by Gregory Boyle

4:00pm, *Sunday 21 February*

Arts at St. Bede's presents San Francisco Renaissance Voices

9:00am, *Tuesday 23 February*

FALL GALA sign-up event: Making Marmalade

Sunday 28 February

The Rt. Rev. Marc Handley Andrus, Bishop of California, visits St. Bede's

9:00am Forum led by the Bishop

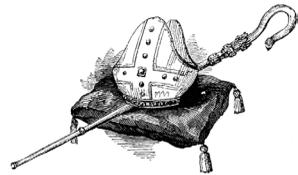
10:15am ONE SERVICE ONLY!



Look Ahead and Save The Date!

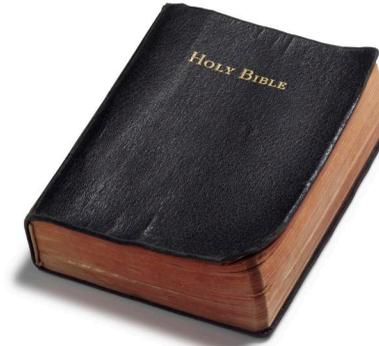
4:00pm, *Sunday 6 March*

Arts at St. Bede's presents Dan Levitan, harp



Soulwork in February

On February 7, Soulwork will conclude its series Pro/Claim: Engaging the Baptismal Covenant.



During Lent, we will explore the challenging subject of race in America through a contextual Bible study. This method, developed in South Africa for marginalized people, relies on a close reading of a biblical text to illuminate our real-life situation and guide us to action. Gia learned contextual Bible study at a conference last summer and has been eager to share it with St. Bede's. This Bible study will meet on **February 14 and 21** and **March 6, 13, and 20**.

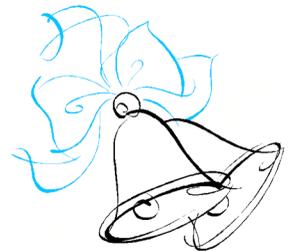
On **February 28**, Bishop Marc Andrus will offer a forum during the Soulwork hour.

Soulwork meets on Sundays at 9:00am in Lehman Hall; childcare is available.

Congratulations, Michaela and Will!



St. Bede's Children's and Youth Minister Michaela Kruger and Will Eskew were married on December 31. Will is a candidate for ordination in the Presbyterian Church USA and a chaplain resident at Sequoia Hospital. We'll celebrate their marriage with cake and fizzy drinks during the 10:15 coffee hour on February 7.



May they have many joyful years together!

From the Music Director

Alleluia, song of gladness, voice of joy that cannot die

hallelujah [halə 'loʊyə] (also alleluia [alə 'loʊyə]):

1. Interjection: used to express praise, joy, or thanks, especially to God
2. Noun: an utterance of the word “hallelujah” as an expression of worship or rejoicing
 - a. A piece of music or church liturgy containing this word

Origin: Old English, via ecclesiastical Latin *alleluia* from Greek *allēlouia* (in the Septuagint), or (from the 16th century) directly from Hebrew *hallēlūyāh* “praise ye the Lord”[1]

We use the word casually, in celebration of mundane things like solving a cryptic clue in a crossword puzzle, or finding we have just the right ingredients in the pantry to make dinner without a trip to the store. We use it in great seriousness, in thanksgiving for our loved ones’ safety and health or in celebration of rain after a long drought. And of course, we sing and say it in church. Hymnary.org (a fascinating repository of information about all things hymn-related) cites 1,538 instances of hymns containing the word Alleluia and 3,182 containing the word Hallelujah.

But we don’t say or sing Alleluia during Lent. During the six weeks of Lent, we forego using this joyful word to praise God in the church. Six weeks of Lenten reflection, focus, and discipline can enrich our spirits in countless ways, but we must wait until Easter comes to shout with joy and delight: Alleluia, Christ is risen indeed!

The hymns we’ll sing on the last Sunday before Lent will contain an abundance of opportunities to sing Alleluia/Hallelujah. And then, as one of the hymn texts says, we will “for a while give o’er, as our Savior in his fasting, pleasures of the world forbore.”

For a musical “fat Tuesday” of Hallelujahs, I recommend the following. One or more will serve up a generous portion of joy—hopefully, enough to last through the lean days until March 27.

- 1) Randall Thompson’s *Alleluia*
<https://www.youtube.com/watch?v=xAhPD9zAImI>

[1] Oxforddictionaries.com

- 2) Beethoven’s *Hallelujah* from **Christ on the Mount of Olives**
<https://www.youtube.com/watch?v=xK-IHpN1HBs>
- 3) Handel’s *Hallelujah, Amen* from **Judas Maccabaeus**
<https://www.youtube.com/watch?v=4b1eispH-U0>
- 4) Peter Wishart’s *Alleluia, a new work is come on hand*
<https://www.youtube.com/watch?v=6PFbmSXs5bE>
- 5) Mozart’s *Alleluia* from **Exultate Jubilate**
<https://www.youtube.com/watch?v=u0fi17RA9Ww>
- 6) Handel’s *Hallelujah* from **The Messiah**
<https://www.youtube.com/watch?v=IUZEtVbJT5c>

– Katherine McKee
Music Director

Be there:



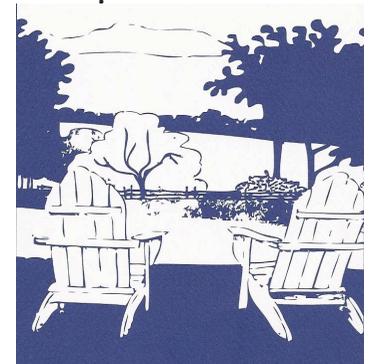
The Vestry hosts a
Pancake Supper

Shrove Tuesday, 9 February
6:00-7:30pm

RSVP to the parish office or on the
clipboard at Sunday coffee hours.

Register Now!

St. Bede’s Annual Parish Retreat
Friday-Sunday, 10-12 June
The Bishop’s Ranch, Healdsburg



As we must confirm our reserved space
by 10 February, please complete your reg-
istration by Shrove Tuesday, 9 February,
in order to guarantee your space.

From the Rector

Growing in Faith

This is adapted from the rector's remarks at the Annual Parish Meeting on January 24.

I have been thinking a lot this week about three things: Paul's image of the body of Christ (1 Corinthians 12:12-31a), the institution of the church, and the network of relationships that make up every Christian community. I've been thinking about growth, and what growth means in the body of Christ. This was a conversation the Children and Youth Team had last spring as we were preparing to conduct interviews for our children's and youth minister position. We wanted to ask candidates about



growth. We knew that growth in numbers is important, but it doesn't tell the whole story in children's and youth ministry. It's possible for a church to draw lots and lots of kids for social events and fun without doing anything at all to form them as disciples of Jesus Christ. Kids might have a great time at church, but their lives have not changed as a result. That was not enough for the Children and Youth Team. We wanted better for our children, so we started talking about what else growth might mean. We came up with growth in faith, that we wanted children and young people to have matured in Christian faith as a result of their time at St. Bede's. That might include knowledge of the Bible, commitment to prayer, service to others in Christ's name, asking deeper questions about Christianity, and so on. So we decided to ask candidates what growth means to them in the context of children's and youth ministry. One of the reasons we discerned Michaela Kruger was the right children's and youth minister for us was that she talked about spiritual growth in her answer. She said that growth in faith is the most important outcome of a children's and youth ministry.

I think Michaela articulated a truth about all ministry, not just with children and youth. Perhaps the most important outcome of any ministry is growth in faith. This kind

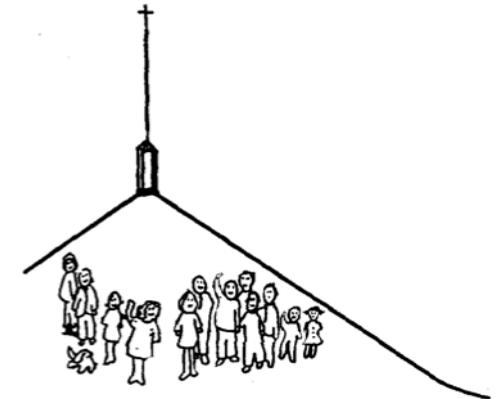
of growth may not be quantifiable, but it is measurable in a qualitative sense. We notice it in ourselves and in our parish. And as I looked around St. Bede's and reflected on where we are now as compared to a year ago, I saw growth in faith all over the place. I see people finding a place to talk about their faith at St. Bede's. I see people committing to prayer, making time in their busy lives for God each day. I see people of all ages, young and old, taking a risk to serve others in a new way. I see people recognizing the gifts God has given them and offering them in church and in the world. I see people growing in confidence as Christians, being willing to claim and speak about their Christian faith even when it's intimidating. I see the vestry starting each meeting with a spiritual practice, leading the parish by their example of growing in faith. I see parents being so moved by Holy Week that they bring their children to experience those services too. I hear people asking for more ways to grow in their faith. Growth in faith is happening all over St. Bede's. This seems to be what the Holy Spirit is up to in the life of our parish these days.

We heard some stories about growth in faith at the annual meeting—from the Companions in Christ group, from children's and youth ministry, from community service, and

from stewardship. Where might God be drawing you to grow in faith? What role might St. Bede's play in that growth?

Peace,

Gia+



+ Rites of Passage +

Life is marked by significant cycles and events: we are born, baptized, confirmed; some of us are married, families are raised, illness comes, death occurs. Such are the Rites of Passage and such are marked by special prayers in the church.

+ Baptism +

Elena Grace Brugh

Emily Kay Flegel

Fill them with your holy and life-giving Spirit.

February 2016 at St. Bede's Episcopal Church

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<i>Brigid</i> 1 8:30a School chapel 9:00a Counting Crew 7:00p Companions cont.	The Presentation of Our Lord Jesus Christ 2 8:30a School chapel 2:00p Staff meeting 8:00p Narcotics Anonymous*	3 8:00a Holy Eucharist 8:30a School chapel noon Bldgs & Grounds mtg 6:30p Simple Supper 7:30p Choir rehearsal 7:30p Highland Pipe Band*	<i>Anskar of Scandinavia</i> 4 8:30a School Eucharist noon Alcoholics Anonymous*	5 8:30a School chapel 5:30p Trinity Literacy Night	6 7:30a Sunrise AA* 8:45a Vestry Retreat 9:00a Alcoholics Anonymous* Altar Guild work 5:30p <Gala: Ale Tasting @ Brink home 7:00p Scandinavian Dance*
Last Epiphany 7 8:00a Holy Eucharist Rite I 9:00a Soulwork: Bapt. Cov. 9:00a Nursery 10:15a Holy Eucharist Rite II 10:15a Sunday school 11:30p Youth Group 2:00p Scottish Dance*	8 8:30a School chapel 9:00a Counting Crew 7:00p Finance Cmte Mtg	9 8:30a School chapel 2:00p Staff meeting 6:00p Pancake Supper 8:00p Narcotics Anonymous*	Ash Wednesday 10 8:00a Imposition of Ashes 8:30a School chapel w/ashes noon Ashes & Eucharist 6:00p Choir rehearsal 7:30p Ashes & Eucharist 7:30p Highland Pipe Band*	11 8:30a School chapel noon Alcoholics Anonymous*	12 8:30a School chapel noon Parkinson's Caregivers*	<i>Absalom Jones</i> 13 7:30a Sunrise AA* 9:00a Alcoholics Anonymous* Altar Guild work 7:00p Folk Dance*
1 Lent 14 8:00a Holy Eucharist Rite I 9:00a Soulwork: Bible study 9:00a Nursery 10:15a Holy Eucharist Rite II 10:15a Sunday school	<i>Thomas Bray</i> 15 President's Day Parish office closed 9:00a Counting Crew 7:00p Companions cont.	16 noon Parkinson's Caregivers* 2:00p Staff meeting 8:00p Narcotics Anonymous*	<i>Ember Day</i> 17 Janani Luwum 8:00a Holy Eucharist 7:30p Choir rehearsal 7:30p Highland Pipe Band*	<i>Martin Luther</i> 18 noon Alcoholics Anonymous*	<i>Ember Day</i> 19 11:15a Lenten book group	<i>Ember Day</i> 20 7:30a Sunrise AA* 9:00a Alcoholics Anonymous* Altar Guild work
2 Lent 21 8:00a Holy Eucharist Rite I 9:00a Soulwork: Bible study 9:00a Nursery 10:15a Holy Eucharist Rite II 10:15a Sunday school 1:00p <Gala: Private Party 4:00p Arts: S.F. Ren.Voices	22 8:30a School chapel 9:00a Counting Crew 6:00p Sarum Seminar*	<i>Polycarp of Smyrna</i> 23 8:30a School chapel 9:00a <Gala: Making Marmalade 2:00p Staff meeting 8:00p Narcotics Anonymous*	St. Matthias 24 8:00a Holy Eucharist 8:30a School chapel 7:30p Choir rehearsal 7:30p Highland Pipe Band*	25 8:30a School chapel noon Alcoholics Anonymous*	26 8:30a School chapel 11:15a Lenten book group	<i>George Herbert</i> 27 7:30a Sunrise AA* 9:00a Alcoholics Anonymous* Altar Guild work
3 Lent 28 ONE SERVICE ONLY 9:00a Forum with the Rt. Rev. Marc H. Andrus 9:00a Nursery 10:15a Holy Eucharist Rite II 10:15a Sunday school	29 8:30a School chapel 9:00a Counting Crew 7:00p Companions cont.	<p>Create and make in us new and contrite hearts.</p>				

*use of St. Bede's facilities in outreach to the broader community

Arts at St. Bede's presents

San Francisco Renaissance Voices – Promenade Across the Continent Sunday, February 21, 4pm

Join San Francisco Renaissance Voices for an international musical sampler featuring works for multiple choirs. Our grand journey will include a jaunt into the northerly climes of Scotland for excerpts from Robert Carver's *Missa dum Sacrum Mysterium*. On the Continent we will visit the Lowlands for Josquin's 24-voice motet *Qui Habitat*, and music by exiled Englishman Peter Philips. The German-Austrian arm of the trip will feature works by Handl, Hassler, and Praetorius. The southern leg of the journey will include the brilliance of Spanish composers Victoria, Raval, and Guerrero as well as favorites by that quintessential international genius Orlando di Lasso, including *O la, o che bon echo!*

Tickets at the door: \$30 general/\$25 senior/\$25 student/\$15 under-12

For more information & advance purchase, see <http://www.sfrvoices.org>



Lenten Book Group

All are invited to a Lenten Book Group reading and discussing *Tattoos on the Heart* by Gregory Boyle for four Fridays beginning February 19, from 11:15am-12:45. Bring a bag lunch and meet at St. Bede's Ford room (in the parish office building). Please read the first two chapters for the first meeting. If you have questions, please contact moderator Megan Ancker.



Community Service

Seccombe Fund Grants 2015

In late January, the Community Service committee, with the approval of the vestry, approved the following distribution for funds that remained in the Seccombe Outreach Fund at the close of 2015:

- * \$1230 to **Global AIDS Interfaith Alliance (GAIA)** to "top up" the funds raised for a nursing scholarship in Malawi. The cost of a scholarship increased this year from \$1900 to \$2500, and just over half that amount was raised during Advent through our alternative giving drive.
- * The remainder to be divided evenly among the six community partners with whom we have a hands-on relationship: **Ecumenical Hunger Program (EHP)**, **Episcopal Chaplaincy at Stanford Hospital**, **Home & Hope**, **InnVision Shelter Network**, **Los Ayudantes**, and the **Service League** of San

Mateo County. Amazingly, we are able to give \$550 to each group this year!

Looking Ahead

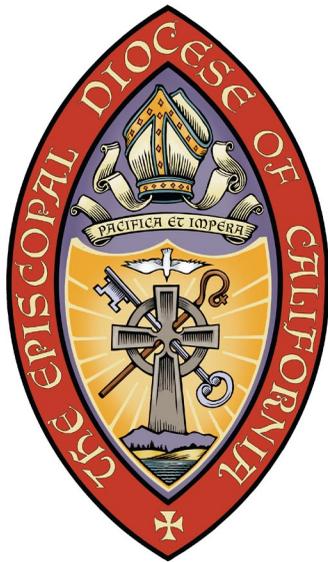
The next Community Service committee meeting is scheduled for Sunday, March 6, 11:30ish, in the Ford Room (parish office building). All are encouraged to attend!

St. Bede's next scheduled team night to help with childcare, dinner, and overnight hosting at Home & Hope, the transitional family shelter, is Tuesday, March 29, at Congregation Beth Jacob in Redwood City. It's the week after Easter, so families on school break are especially encouraged to participate if their schedules permit. Please contact Emilee Wilhelm-Leen if you are interested in joining the March 29 team or hearing about individual service opportunities as they occur.

Bishop's Visitation on February 28

The Right Rev. Marc Handley Andrus, Bishop of California, will be with us on the morning of Sunday, February 28. He will offer a forum during the Soulwork hour at 9:00, then preach and preside at the 10:15 service, at which Anne Vitullo will be received into the Episcopal Church and Curtis Grisham will reaffirm his baptismal vows. A festive reception will follow the liturgy.

*Please note that there will be
ONLY ONE SERVICE on the 28th, at 10:15.*



St. Bede's Youth Group Service Project

In honor of Martin Luther King Jr. Day, some of my peers at St. Bede's and I prepared and served dinner for guests at the Maple Street Shelter in Redwood City on January 17. We managed to serve approximately fifty people successfully, happily, and without any major kitchen disaster. It really was a fantastic experience. I felt like I did something productive with my life, helping those in need.

Our workforce in Lehman Hall was ten strong, including my mom and dad, Anna Poon and Mathai Mammen, and me; Christopher and Audrey Harris, and their dad, Bill Harris; Athena BurrsPresident; Alexandra and Gigi Spath; and Jeanne Cooper, who helped organize the event. My mom bought all the ingredients and put the recipes together for us. We prepared sloppy joes, roasted cauliflower, green salad, fruit salad, and freshly baked cookies.

I would have imagined that given the hour and a half we had, the number of people we needed to feed, and the general lack of organization some of us possessed, something was bound to go wrong. Evidently, the only thing we burned was the first batch of cookies. Not bad! We worked quite efficiently, with me and Christopher slicing pineapple, honeydew, watermelon, and avocados, Gigi and Alexandra slicing kiwi and

mixing the fruit salad, Athena and Audrey on cookie duty, and the adults taking care of the cauliflower and sloppy joe meat. After that, we loaded the food and supplies into cars and headed off to the shelter on the east side of 101, where Jeanne's husband Ian joined us to help set up and serve drinks.

I remember entering the homeless shelter initially, and thinking to myself, "It smells sort of nice in here." There was a sense



of quiet sadness surrounding the shelter, but also a strong sense of community and coziness to it. We set up in around fifteen minutes, and we were ready to get serving. People of all shapes and sizes came into the dining area, and we had organized ourselves into a sort of assembly line.

As each person approached us, each with a different face and probably a different story

to tell of how they got here, I thought of what I would have said a year earlier: "Why can't these people simply go find a job, get an education, and restart their lives?" As I looked at the faces of these people and occasionally heard their story as I scooped them a serving of sloppy joe meat, I realized that "Sometimes, bad fortune happens to good people," as one man said. Many of them seemed like really nice people.

Once the dinner mob settled to a slow trickle of people coming every minute or so, I started to watch them eating their food. I'm glad they liked it, as none of us had actually tasted the food before we left. There were laughs and jokes and general friendliness exchanged among the homeless there. I was glad that in all the misfortune they may have faced in their lives, they had friends and a home to return to every night. If serving them food for one night and providing them with another night's worth of leftovers was the right way to help these people, I'm glad I did. I think all of us were.

I hope that showing them that there is always kindness in this world and that people are always willing to help may help them move forward, even if they find themselves back at the shelter again. We all walked away from this experience happy and satisfied we'd done something good for the community, but also for these people specifically.

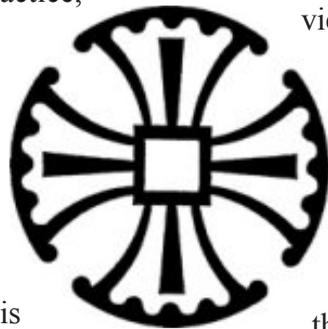
– Mathew Mammen

Vestry View

Vestry began its January meeting with a spiritual practice session led by Gia in which we learned about “breath prayers,” which are simple supplications to God for things that we need in a specific moment. An example of a breath prayer is “Lord Jesus Christ, have mercy.” Breath prayers can be used in a meditative way, or to calm oneself in a time of stress. We spent about fifteen minutes creating our breath prayers and meditating on them. Thank you for the introduction to this spiritual practice, Gia!

Senior Warden Jeanne Cooper announced that pledges for 2016 have reached \$326,000, which is well over our goal of \$315,000. In addition, more than forty Time and Talent pledges have been received. This is an outstanding result which will make it possible for the vestry to budget appropriately for the coming year and to know we have the resources to pursue our mission internally and within the wider community. Thank you to everyone who has pledged!

Jon Backlund reported for the Buildings & Grounds team. Fred Langhorst, a member of



the team, has received a bid for two electric vehicle charging stations to be installed in our parking lot. Plans are moving forward to install the charging stations within the next few months. In addition, Jon has scheduled another sanctuary roof inspection to make sure all leaks have been repaired.

We recapped our special meeting the previous Saturday, called a Mutual Ministry Review, at which we had reflected on our identity and mission and brainstormed ideas for the future. The Mutual Ministry Review was structured around a simple model for our church activities: Gather, Transform, and Send. That is, we invite people to gather at church, our worship services are hopefully transformative, and then we send people back into the world to do the work of Christ. It was useful to look at all aspects of this model and to evaluate where St. Bede’s is doing a great job and where we might improve. As always, we welcome ideas from the parish about how we do what we do at St. Bede’s!

– Laura Gable
Junior Warden

The deadline for the March issue of Bede’s Journal is Monday 15 February.



Please send copy to: cshedlock@stbedesmenlopark.org



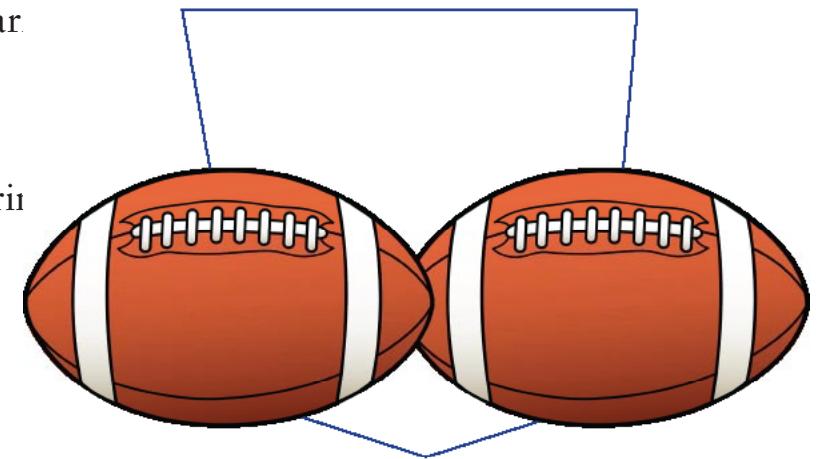
In the Month of February

Birthdays

- 2 Bertita Graebner
- 7 Oliver Talbot
- 8 Michaela Eskew
- 12 Clara Kopczynski
- 13 Jon Backlund
- 14 Fred Langhorst
- 15 Ann Inglis
- 16 Kiersten Machemer
Laurie Reynolds
- 19 Laura Gable
- 20 Audrey Harris
Christopher Har
- 22 Leo Chrapla
- 23 Neill Norman
- 24 Anam Terra
- 26 Renee Hannebrii
- 27 Joan Craig

Anniversaries

- 3 Hasma & Aram Serverian
- 17 Catherine & Neill Norman



St. Bede's Episcopal Church
2650 Sand Hill Road
Menlo Park, CA 94025

Non-Profit Org.
U.S. Postage
PAID
Menlo Park
CA 94025
Permit No.
752

Time Value

Date Mailed: 1 February 2016

Change Service Requested



The purpose of Bede's Journal is to keep members and friends of the congregation informed of activities and opportunities for education, worship, and fellowship within the parish and beyond.

The Rev. Gia Hayes-Martin *Rector*
The Rev. John Oda-Burns *Priest Assistant*
Carol Shedlock *Parish Administrator*
Michaela Kruger Eskew *Children's & Youth Minister*
Katherine McKee *Music Director*
Rani Fischer *Organist*
Angela Sherry *Bookkeeper*

Sunday Services

Holy Eucharist 8:00am, 10:15am

Sunday Programs

Adult Education 9:00am — *childcare available*

Nursery 10:00am

Children's Sunday school 10:15am

Weekdays

Holy Eucharist Wednesday 8:00am

Parish Office Hours M-F 9:00am-5:00pm

650-854-6555

Trinity School + Preschool-Fifth Grade



Read *Bede's Journal* online at

www.stbedesmenlopark.org